

OSAN AIR BASE
AIRMAN FLIGHT PLAN

NAME: _____ RANK: _____

DUTY TITLE: _____ DAFSC: _____

Resilience is the ability to withstand, recover and/or grow in the face of stressors and changing demands.
Please rate your current resiliency health.

☐ Excellent ☐ Good ☐ Fair ☐ Poor

Please check all areas you are interested in.

Culture and Language

- ☐ Learn to Cook New Foods
- ☐ Trying New Foods
- ☐ Learn to Speak Basic Korean
- ☐ Foreign Travel
- ☐ Explore Korea
- ☐ Other _____

Service Before Self

- ☐ Volunteer Sports Coaching
- ☐ Base Honor Guard
- ☐ English Tutoring Program
- ☐ Osan Animal Shelter
- ☐ Volunteer in the Local Community
- ☐ Other _____

Fitness and Outdoor Adventures

- ☐ Fitness Improvement
- ☐ High Adventure Trips
- ☐ Skiing/Snowboarding Trips
- ☐ Fishing
- ☐ Hiking or Camping
- ☐ Take Ground or Flight Lessons
- ☐ Rafting Trips
- ☐ Other _____

Spiritual and Self Improvement

- ☐ Learn to Play a New Instrument
- ☐ Enjoy a Massage
- ☐ Visit an Orphanage
- ☐ Other _____

Please list your goals.

Short Term (1-3 months) _____

Mid-Term (3-9 months) _____

Long Term (9-12 months) _____

